My Portion Sizes

You can use your hands to measure healthy portions of food!

= 2 cups or more

Portion of Non-Starchy Vegetables

Examples: Lettuce, tomatoes, broccoli, collard greens, carrots

= 4 ounces

Portion of Protein

Examples: Chicken, low-fat cheese, fish, beef, pork, egg
Portion of Carbohydrates:

Starch
Examples: Cereal, bread, mangú, mofongo, oatmeal, potato, rice, corn, peas, beans

OR

Fruit
Examples: Apple, small banana, orange

OR

Dairy
Examples: Low-fat or nonfat (skim) milk, “light” or nonfat yogurt

Portion of Low-fat Sauce or Dip
Examples: Peanut butter, dressing, olive oil, margarine, cream cheese, ketchup